

FIT in the PARKS

New Berlin, Wisconsin

FIT in the Parks is a FREE health and wellness series brought to you by the Live Well Waukesha County initiative in partnership with the City of New Berlin. Pre-registration is required, but walk-ins will be welcomed if space permits. All participants must sign a waiver.

Calendar of Events

Learn to Play Pickleball

Thurs, April 30
8:30-11:00am
Buena Park, New Berlin

Learn to Play Pickleball

Tues, May 5
5:00-7:30pm
Buena Park, New Berlin

Yoga

Tues, May 26
6:00-7:00pm
ProHealth Care Park, New Berlin

Zumba

Wed, May 27
5:45-6:30pm
ProHealth Care Park, New Berlin

Yoga w/Essential Oils

Thurs, May 28
6:00-7:00pm
ProHealth Care Park, New Berlin

Learn to Play Pickleball

Tues, June 16
5:00-7:30pm
Buena Park, New Berlin

Yoga

Tues, July 14
9:00-10:00am
ProHealth Care Park, New Berlin

Yoga

Tues, July 14
6:00-7:00pm
ProHealth Care Park, New Berlin

Painting In the Park

Thurs, July 23
6:30-7:15pm, or 7:30-8:15pm
Malone Park, New Berlin

Sunset/Candlelight Hike

Fri, July 24
7:00-9:00pm
Malone Park, New Berlin

Lawn Game Olympics

Sat, August 8
2:00-8:00pm
Malone Park, New Berlin

Zumba

Mon, August 10
5:45-6:30pm
ProHealth Care Park, New Berlin

Zumba

Wed, August 12
5:45-6:30pm
ProHealth Care Park, New Berlin

Learn to Play Pickleball

Thurs, August 27
8:30-11:00am
Buena Park, New Berlin



All programs are FREE, but pre-registration is REQUIRED. Registration opens on April 20 at the New Berlin Department or online at:

<https://apm.activecommunities.com/newberlin>

The Live Well Waukesha County Initiative addresses two of the community's most prevalent health issues: nutrition and physical fitness. These issues are addressed by Move Well Waukesha County free physical fitness events, and Eat Well Waukesha County free nutrition resources. Join the movement www.waukeshacounty.gov/LiveWell

Learn to Play Pickleball (Ages 14+)

Pickleball is a sport anyone can learn to play and enjoy. This game is similar to tennis but is gaining popularity because it requires less movement, yet remains competitive and fun. Balls and paddles will be provided for those that don't have their own. Come learn the basics and you may even end up registering for our summer-long program!

Zumba (Ages 14+)

Come sample one of our ever-popular Zumba workouts led by Certified Zumba Instructor, Jayne Massopust. This easy-to-follow Latin dance inspired activity will have you sweating, smiling, and shimmying!

Yoga (Ages 14+)

Stretch your body, stretch your mind, stretch your spirit! Learn to integrate and transform your energy into creative newness. Class will focus on fundamental yoga postures, breathing techniques, and guided relaxations. All instructors are fully certified with years of teaching experience! Please wear comfortable clothing and bring a yoga mat. Props such as a yoga block and a blanket may be helpful.

Yoga With Essential Oils (Ages 14+)

By combining the use of essential oils with gentle movements and guided meditation, we will focus on slowing down, tuning inwards, and experiencing the deeply healing benefits of essential oils. Please wear comfortable clothing and bring a yoga mat. Props such as a yoga block and a blanket may be helpful.

Sunset/Candlelight Hike (All Ages)

Join us for a self-guided nature walk/hike. Bring yourself, a friend, or the whole family to explore some of the various trails scattered throughout the local parks.

*All dogs must be on a 6' leash or less.

Lawn Game Olympics (All Ages)

Contact the Recreation Department and monitor our Facebook page for more information regarding this new and exciting event!

Painting in the Park (Ages 6+)

Children and adults will follow step-by-step instructions on their way to creating their very own masterpiece! Supplies and instructions will be supplied by Grape Escape LLC. Space is limited so be sure to pre-register!



Grape Escape LLC
PAINT AND SIP